**vocabulario - cena / vegetales / postres**

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| C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\S32D3K4A\MP900443388[1].JPG | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\HD90EUUY\MC900214971[1].WMF | [http://t2.gstatic.com/images?q=tbn:ANd9GcSN3SuQyMx5GRfn55nB-pvueTC500W5OcZlpkRtV6mRlrJbwKbu](http://www.google.com/imgres?imgurl=http://www.the-ibenefits.com/image-files/types-of-lentils.jpg&imgrefurl=http://www.the-ibenefits.com/benefits-of-lentils.html&h=450&w=337&sz=67&tbnid=IyR6vyhcrUvdjM:&tbnh=90&tbnw=67&prev=/search%3Fq%3Dlentils%26tbm%3Disch%26tbo%3Du&zoom=1&q=lentils&usg=__ZE0tvxbtYdJgBPWtoQXvIYzBCHU=&docid=XpnDorUtA8Aq1M&hl=en&sa=X&ei=RFOEUMHsJYea0QHbxYHQAg&sqi=2&ved=0CEYQ9QEwBw&dur=3275) | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\RLL10J82\MC900112396[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\B935D11G\MC900026828[1].WMF |
| C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\S32D3K4A\MC900030348[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\AA3PY5R3\MC900012962[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\HD90EUUY\MC900112404[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\OC0ADK70\MC900200585[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\B935D11G\MC900023730[1].WMF |
| **ALMIDONES = CARBOHIDRATOS COMPLEJOS** | | | | |
| 1. el arroz | 2. los espaquetis | 3. los fideos | 4. el puré de papas | 5. las papas |
| **PROTEÍNAS** | | | | |
| 6. los frijoles | 7. las habichuelas | 8. las lentejas | 9. las chuletas de cerdo | 10. el bistec |
| 11. la carne de res | 12. la albóndiga | 13. el pescado | 14. los mariscos | 15. los camarones |

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| C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\RG06VHQL\MC900331257[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\AA3PY5R3\MC900250818[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\B935D11G\MC900331297[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\QNZMCBSV\MC900215367[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\3YMZ5YGS\MC900215159[1].WMF |
| C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\S32D3K4A\MC900411902[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\OC0ADK70\MC900331270[1].WMF | [http://t1.gstatic.com/images?q=tbn:ANd9GcQnpSV7JkKGjWBIqGBx-6LRq50OW38uCtuXBsw7-pWFQLw8j9q0ew](http://www.google.com/imgres?imgurl=http://amazing-seeds.com/images/roasted-brussels-sprouts.jpg&imgrefurl=http://amazing-seeds.com/brussels-sprouts-seeds-p-85.html&h=360&w=460&sz=45&tbnid=nWz5EoFPbjiKCM:&tbnh=91&tbnw=116&prev=/search%3Fq%3Dbrussel%2Bsprouts%26tbm%3Disch%26tbo%3Du&zoom=1&q=brussel+sprouts&usg=__tMN-SqG3VyCaEw2FHD8k9YFHNvw=&docid=w8bf_PYYU_O40M&hl=en&sa=X&ei=-VGEUJKqKqLw0gGhrYGwDw&sqi=2&ved=0CGUQ9QEwCQ&dur=2092) |  | |
| **VEGETALES** | | | | |
| 16. la ensalada | 17. la zanahoria | 18. el maíz | 19. las judías verdes | 20. los guisantes |
| 21. el brócoli | 22. la lechuga | 23. el tomate | 24. el coliflor | 25. el pepino |
| 26. los champiñones  (los hongos) | 27. la col | 28. las coles de Bruselas |  |  |

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| [https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcSLoo_DBrtp7b97_OD_o-0k87sZ0pomL6ApyMyIxk8Ur8eVBjcd](http://www.google.es/imgres?um=1&hl=es&sa=N&biw=1311&bih=578&tbm=isch&tbnid=ynC-tOoDfaLiZM:&imgrefurl=http://www.noriostabernarios.com/nav/gastronomia/postres/postre_0008.html&docid=O5Ip96GxRhv0zM&imgurl=http://www.noriostabernarios.com/opencms75/export/sites/norios/galerias/imagenes_de_gastronomia_postres/flan_casero_en_microhondas.jpg&w=460&h=360&ei=GmmEUNT1Ge2D0QHIiYHICA&zoom=1&iact=hc&vpx=668&vpy=182&dur=1085&hovh=199&hovw=254&tx=77&ty=86&sig=105620583998192796188&page=1&tbnh=139&tbnw=196&start=0&ndsp=18&ved=1t:429,r:3,s:0,i:144) | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\3YMZ5YGS\MC900290203[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\S32D3K4A\MC900232581[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\S32D3K4A\MC900233687[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\OC0ADK70\MC900264234[1].WMF |
| C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\3YMZ5YGS\MC900012969[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\AJQIF3YT\MC900154062[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\AJQIF3YT\MC900391422[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\S32D3K4A\MC900245613[1].WMF | C:\Users\Joann\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\RG06VHQL\MC900232258[1].WMF |
| **POSTRES** | | | | |
| 29. el flan | 30. el pastelito | 31. el helado | 32. el pudín | 33. el chocolate |
| 34. los dulces | 35. la tarta (el pastel) | 36. el bizcocho  (el pastel / la torta) | 37. las galletas | 38. la rosquilla |